HOOPS HITS
RATCHET UP MARCH MADNESS WITH THESE FIVE FLICKS {page 8}

REUNION
CYRUS PUTTING FAMILY BACK TOGETHER {page 9}

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Monday, March 21, 2011
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News worth sharing.

Hopefuls talk schools at inaugural NDP debate

Candidates are expected in Kelowna today for the second of nine leadership debates to be held in cities around B.C. Each event will highlight one topic, including environmental sustainability, jobs and youth Party will vote for a new leader on April 17

KRISTEN THOMPSON
@METRONEWS.CA

The B.C. NDP held its first public leadership debate in Surrey yesterday, but the five candidates spent more time agreeing with each other than they did contesting opinions.

The contenders — MLAs Adrian Dix, Mike Farnworth, John Horgan and Nicholas Simons, and marijuana activist Dana Larsen — squared off on education at Simon Fraser University's Surrey campus, kicking off a nine-stop debate tour.

They were nearly unanimous in their call to make post-secondary education more affordable, increase funding for elementary and high schools — especially in rural areas — and reduce class sizes.

Candidates insisted upon the need to reduce interest rates on student loans and to return collective-agreement rights to teachers, which were stripped under the leadership of then-education minister Christy Clark.

"When teachers were stripped of their collective-agreement rights ... students were stripped of their right to a high-quality education," Dix said.

"We need to stand by our teachers and make sure they can protect the needs of our students," said Simons.

Larsen accused the Liberals of mishandling the public education system in the same manner in which they're mishandling the province's health-care system.

"Having students educated in portables is the same thing as having patients treated in a Tim Hortons," he said.

The candidates will square off again today in Kelowna on justice issues.

St. Pat's

▶ A couple of young fans take in Vancouver's annual St. Patrick's Day parade yesterday.

MEAGAN GILL/FOR METRO

Parade paints Vancouver green

An estimated 200,000 people, many dressed in green, lined downtown streets to watch and cheer on the St. Patrick's Day floats, dancers and musicians.

'It's a great day for soccer'

Momentum strong as Whitecaps make dream debut {pages 3, 17}

Pair pulled nine days after quake

Teen, grandmother saved from collapsed Japanese home {page 5}

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Quaid debuts song in Vancouver

American actor Randy Quaid rocked out to his song called "Star Whackers" as he opened for The Town Pants at the Commodore Ballroom Friday night.

He performed a two-song set with local band The Fugitives. It was his first public performance since fleeing to Canada last year seeking refugee status.

PHYLICIA TORREVILLAS

DARRYL DYCK/THE CANADIAN PRESS

▶ Randy Quaid at the Commodore Ballroom in Vancouver Friday night. Watch video at metronews.ca/vancouver.

Escaped convict captured in Alberta

A six-foot-six, 400-pound escaped convict was back in police custody yesterday after a tense standoff with Alberta RCMP near Grand Prairie.

William Bicknell was arrested Saturday evening after a car chase ended near Sexsmith, Alta.

He was convicted of beating a Maple Ridge woman to death in 2003.

PHYLICIA TORREVILLAS

JEFF HODSON/METRO

▶ Whitecaps FC captain Jay DeMerit battles for the ball during Saturday's tilt against Toronto FC at Empire Field in East Vancouver.

Whitecaps debut deemed a success

- Vancouver Whitecaps play first-ever MLS game in front of 22,592 fans
- Game day atmosphere 'immense,' says supporter club president

MATT KIELTYKA
@METRONEWS.CA

On the field, the Vancouver Whitecaps beat Toronto FC 4-2.

Off of it, a new generation of soccer fans may have created a sporting atmosphere in the city that will be hard to beat.

The city's Major League Soccer debut on Saturday was a success by every measure, but it was the vibe inside an Empire Field packed with 22,592 supporters that had people talking after the match.

"It was more than we were expecting," said John Knox, the president of the diehard Southsiders supporters club. "I enjoyed it immensely and was surprised how quick people were able to get comfortable and realize that it's OK to make noise and stand the entire match."

It wasn't just the hardcore Whitecaps fans that were blown away.

The word "atmosphere" began trending on Twitter in Vancouver as fans commented on their game-day experience.

The players and league felt it as well.

"If we can create that atmosphere every week, we will hold ourselves good as we move along," said Whitecaps captain Jay DeMerit.

"We knew it would be big, we knew it would be exciting," MLS commissioner Don Garber said. "It's a great day for soccer."

The test now will be to see if the club can carry the excitement into its next home match April 2 against Kansas City.

"I think it can only get better when people start letting loose," said Knox. "The momentum is strong right now."

WITH FILES FROM CANADIAN PRESS

High rise could break Mount Pleasant's heart

More than 200 Mount Pleasant residents gathered yesterday in near unanimous opposition of a development plan that seeks to place a towering high-rise at Kingsway and 10th Avenue — widely considered the heritage heart of the community.

During the community rezoning review, representatives from Rize Alliance Properties Ltd. and Acton Ostry Architects came armed with high-tech presentations in defence of the 26-storey proposal. They were met with cries that included: "We're not Yaletown," "too big," and "eyesore."

If approved, the city-sanctioned development — made up of about 268 residential units and space for 10 to 20 businesses — would cover an entire block, with its highest point more than doubling that of the current tallest structure in the area.

Developers said while they recognize the site presents certain challenges, the high-density development's 62 rental units would ease rental scarcity and urban sprawl. Residents, however, pointed to the fact many False Creek units — as well as others around Vancouver — are sitting empty. They urged the city to consider lower-rise alternatives.

A followup meeting will be held on April 12.

NATALIE KAUR JOHAL

NATALIE KAUR JOHAL/FOR METRO

▶ Residents discuss plans for a 26-storey tower in Mount Pleasant with city planner Scott Hein in Vancouver yesterday.

1 news

News on the move

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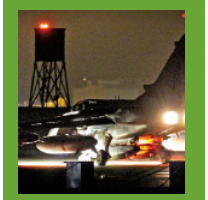

Stephen Harper warns of possible casualties as Canada goes to war to protect Libyan civilians. Video at metronews.ca

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Experts don't have full answers on the risk from Japanese nuclear radiation. Scan code for story.

From the deck of the Charlottetown

- Frigate operating in Mediterranean as part of NATO's naval blockade
- Canada committed six CF-18 fighter jets to enforce no-fly zone over Libya

JENNIFER TAPLIN
@METRONEWS.CA

In a phone interview yesterday, the commanding officer of HMCS Charlottetown, Cmdr. Craig Skjerpen, said the U.S. and European air strikes on Libya are on the minds of the crew.

"Our mission stays the same but our ship's company starts thinking about what future missions could be," he said. "Right now my goal is to keep everyone focused on the task at hand."

Their original mission of evacuation and humanitarian aid changed when they arrived in Gibraltar, on the entrance to the Mediterranean, earlier this month because all evacuees who wanted to go were already rescued.

The Charlottetown was attached to a NATO group and was put on patrol in the central Mediterranean, north of Libya.

The ship is now monitoring traffic on the water and keeping track of anything that looks abnormal.

The Sea King detachment on board "has been flying as part of picture compilation," Skjerpen said. "They'll go out and work with the ship, identify contacts and help provide that picture. They're a valuable asset in that type of operation."

On the weekend the Charlottetown got some Canadian company in the form of six CF-18 fighter jets from Quebec.

"We each have our own role and there might be an opportunity for interaction, but right now they work for their mission specifically and we work for ours," he said.

Libya bombing called successful

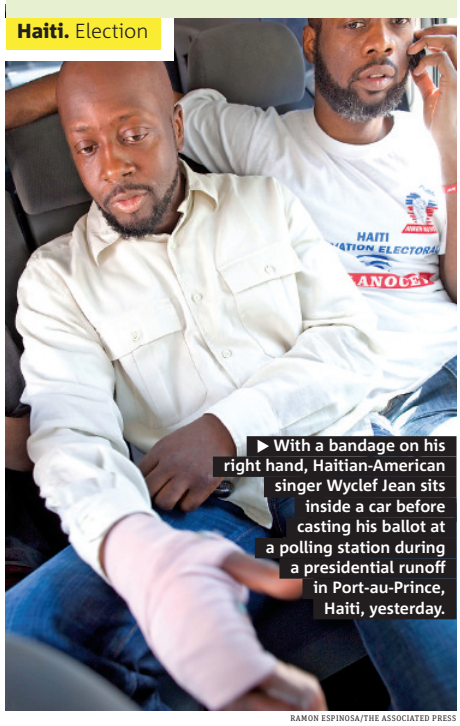
The U.S. claimed initial success two days into an assault on Libya that included some of the heaviest firepower in the American arsenal — long-range bombers designed for the Cold War — but American officials yesterday said it was too early to define the international military campaign's end game.

The top U.S. military officer suggested that Libyan strongman Moammar Gadhafi might stay in power in spite of the military assault aimed at protecting civilians, calling into question the larger objective of an end to Gadhafi's erratic 42-year rule.

A second wave of attacks, mainly from American fighters and bombers, targeted Libyan ground forces and air defences, following an opening barrage Saturday of sea-launched Tomahawk cruise missiles.

THE ASSOCIATED PRESS

Haiti. Election



▶ With a bandage on his right hand, Haitian-American singer Wyclef Jean sits inside a car before casting his ballot at a polling station during a presidential runoff in Port-au-Prince, Haiti, yesterday.

RAMON ESPINOSA/THE ASSOCIATED PRESS

Bullet grazes Wyclef Jean

Musician Wyclef Jean said yesterday a bullet grazed his hand as he stepped out of a car to make a phone call, but he said he was only slightly injured.

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Story of survival

Police rescue 16-year-old and his grandmother from disaster-ravaged home in northeast Japan Pair had been trapped for nine days

The voice rang out suddenly, unexpectedly, from the wreckage left behind by the monstrous earthquake and tsunami that ripped through Japan's northeast nine days ago.

"Please help! Please help!"

There, on the roof of his collapsed wooden home, stood a shivering Jin Abe, so cold that he had draped layers of towels around his body. His grandmother, Sumi Abe, 80, was trapped inside, too, the 16-year-old told the team of Ishinomaki police officers who had been patrolling the hard-hit city yesterday.

The two had been stuck there since the March 11 magnitude-9.0 quake struck off the coast of Japan, triggering a massive tsunami that obliterated much of the northeastern coastline. Their neighbourhood, too, lay in ruins.

The 80-year-old woman's weak legs kept her from walking, and the teenager had been unable until yesterday to crawl out of the wreckage, police spokesman Shizuo Kawamura said.

Police called in personnel with better equipment to help rescue the woman, whom police found wrapped in several blankets, on top of a collapsed closet.

THE ASSOCIATED PRESS

Disaster update

- The National Police Agency said yesterday that the number of bodies collected so far stood at 8,450, while 12,931 people were listed as missing.
- The 9.0-magnitude quake displaced 452,000 people who are now living in shelters.
- Fuel, food and water remain scarce.
- Bodies are piling up in some of the devastated communities and badly decomposing even amid rain and snow.

Paying. Tribute

▶ Children lay down flowers outside of the polar bear enclosure to commemorate late polar bear Knut at the Berlin Zoo yesterday.

MARKUS SCHREIBER/THE ASSOCIATED PRESS

Fans mourn polar bear

Hundreds of fans of polar bear Knut flocked to lay flowers outside his zoo enclosure yesterday, mourning the sudden death of a bear who burst into the limelight as a cuddly, fluffy cub hand-fed by his keeper. The four-year-old celebrity bear died Saturday afternoon in front of hundreds of visitors, taking keepers, animal experts and fans by surprise.

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SOCCER CAPS OFF WORLD-CLASS STATUS

Urban Compass

PAUL SULLIVAN

Vancouver feels more like a world-class city today.

Not just because it finally emerged from the clouds. Oh, look; someone put a city here. No, because after years of waiting, Major League Soccer came to town this weekend.

Talk about world-class:

The guy who scored the first goal for Vancouver is from France.

The captain is from the U.S.

The CEO is from the U.K.

And the coach is from Iceland.

Unlike the NHL, where all the coaches and players are from Viking, Alta.

Unlike the CFL, where all the coaches and players (at least the ones they allow on the field) are from Great Falls, Mont. Or somewhere in Tennessee.

Just kidding! Just kidding!

But the MLS Whitecaps are a truly international joint effort.

The United Nations could take lessons from these guys.

Not only are they an international cast, when they arrived in Vancouver they knew exactly what to do: Beat Toronto. The guy from France (Eric Hassli) arrived last Thursday from Switzerland, doesn't even speak English and the first thing he does is score two goals against Toronto FC. Now that's world-class!

"Soccer, or football as it's known in all but two of the world's nations, brings us together."

Soccer, or football as it's known in all but two of the world's nations, brings us together. The World Cup is an international phenomenon uniting G8 giants like Germany and France and gee-too-bad gnats like Cameroon and Sudan.

Personally, I'm not quite there yet: After following that little frozen rubber device as it zips around the rink at 100 miles per hour, soccer seems like hockey played on a vast plain with a Nerf ball. By the time they get the ball past centre field, regulation time has expired and it's time for everyone to go home.

No wonder they have such low-scoring games.

But unlike hockey tickets that cost 100 MILLION dollars, soccer tickets are cheap and the game is accessible. The best seats in the house cost $99. And I suspect when it's raining at Empire Field, the experience will become instantly more accessible.

The Olympics cost $6 billion and connected us to the world for a couple of weeks. The Whitecaps (who at one point offered to build their own stadium at no cost to the taxpayers — my kind of franchise!) will draw us closer to soccer fans in North and South America, Europe, Africa, Asia and probably other planets that follow the "beautiful game" — every day.

This is a perfect excuse to buy one of those South African vuvuzuelas, if they haven't already been banned, and make some world-class noise. Go Whitecaps!

Cartoon

MICHAEL DE ADDER

RCMP to tighten belts

Worth mentioning

Battle of the bulge

Mounties are waging a battle of the bulge.

Almost one-quarter of RCMP officers — 23.8 per cent — are considered "obese," based on standard height and weight measurements.

The national police force is working to make plump police officers fit, trim and ready for duty with programs that encourage healthy exercise and nutrition habits.

Supt. Rich Boughen, director general of the RCMP's occupational health and safety branch, said physical fitness must be promoted in the same way as smoking cessation and mental health.

Physical demands can be high on men and women in red serge, yet obesity in the ranks is now at about the national average.

"We are very representative of the population," Boughen said. "I think what it speaks to is that we hire real people who have real issues."

Mirroring an international trend, the number of Canadians classed as obese soared in recent years to 24.1 per cent, say figures from Statistics Canada.

For front-line officers, obesity can compromise their ability to take down a criminal and put their own safety at risk.

THE CANADIAN PRESS

What's the most memorable class you have taken?

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Metro Minute with Wild Honey

Theatre at UBC presents Wild Honey tonight, a mix of comedy and melodrama about a young man "cursed" with being too attractive to women.

The play is a 1984 adaptation by British playwright Michael Frayn from a seven-hour manuscript originally written by Anton Chekhov.

It debuted that same year in London's West End starring Sir Ian McKellan as Michael Platanov, a man who can make women fall for everything he says.

Directed by Brian Cochrane, Wild Honey runs until Saturday at 7:30 p.m. at the Frederic Wood Theatre, 6354 Crescent Rd., University of B.C.

For tickets, call the box office at 604-822-2678 or go to theatre.ubc.ca.

PHYLICIA TORREVILLAS

COURTESY OF TIM MATHESON

▶ Ben Whipple stars as notorious seducer Michael Platanov in Wild Honey playing tonight at the University of B.C.'s Frederic Wood Theatre.

Hype builds for RIM PlayBook

Analysts estimate fourth-quarter revenue of $5.58 billion Tablet seen as 'critical' for company's success

Research In Motion is expected to report strong quarterly results on Thursday, and observers say the PlayBook tablet computer is key to its future.

The Waterloo, Ont.-based company will launch its new device within weeks, say analysts, who believe the company will target business users first.

Sascha Segan, managing editor of PCMag Mobile in New York, says the 19-centimetre touchscreen computer fits into jacket pockets, lab coats and "other popular business garb that won't fit an iPad."

The first generation PlayBook will rely on Wi-Fi short-range networks to connect to the Internet. It will cost about $500 US and can be tethered to a BlackBerry to access email.

Bill Kreher, senior technology analyst of Edward Jones, said he expects RIM to address its strategy for the tablet when it releases fourth-quarter earnings.

"I think the success of the PlayBook is critical for Research In Motion as they prove that they can innovate and keep up with the latest technology," Kreher said from St. Louis, Mo.

He estimates that RIM can sell two million PlayBooks in the next year, with businesses being the sweet spot. THE CANADIAN PRESS

CRTC makes switching providers easier

A single call will soon allow consumers to change their TV, Internet, home telephone and wireless service providers. The CRTC says the new provider will contact the old service provider and make all arrangements necessary for the requested changes instead of the consumer making both calls and the process being dragged out. Under the new rules, wireless services can be changed within two and a half hours, while other services will take no more than two business days to switch. But consumers are still on the hook for cancellation fees associated with their existing contracts, the CRTC said. THE CANADIAN PRESS

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2959 West Broadway
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NORTH VANCOUVER
Capilano Mall

WEST VANCOUVER
Park Royal Shopping Centre

2 scene

5 top basketball films

With the NCAA March Madness in full force, what are some of the best basketball movies of all time? Sorry, Hoosiers is a bit too clichéd to make the list

Hoop Dreams
1994

Steve James' documentary about a pair of inner-city Chicago youngsters who aspire to basketball stardom is at once sprawling and intimate.

James follows the highs and lows of Arthur Agee and William Gates over about five years, encourages us to root for them by depicting them exactly as they are, and lets us get to know their families, their playgrounds, their neighbourhoods.

It's both inspiring and heartbreaking without trying too hard to be either, and it's far more enthralling in its realistic twists than any scripted melodrama. Not just one of the best basketball films ever, but one of the best documentaries ever.

He Got Game
1998

Young Ray Allen does just fine here, showing off that pure shooting ability and holding his own opposite a nicely understated Denzel Washington.

Allen had only been in the NBA a couple years at this point and had never acted in a film before, but he rises to the challenges of some highly charged scenes as the nation's top high school prospect, who's struggling not just with the decision of what college to play for, but also with his father's return from prison.

Writer-director Spike Lee, the world's most famous New York Knicks fan, actually lets you see the game played out; he doesn't clutter it up with frantic camerawork and needless cuts.

Blue Chips
1995

Directed by William Friedkin and written by Ron Shelton, this thing is crammed with both celebrities and athletes without feeling forced. There's Nick Nolte as a volatile, Bobby Knight-type coach at a UCLA-type school, Ed O'Neill as the reporter who grills him and former Boston Celtics great Bob Cousy as the university's athletic director.

Most amusing of all, though, is seeing a young (and much leaner) Shaquille O'Neal as a beast of a prospect from the swamps of Louisiana, alongside his then-real-life Orlando Magic teammate Anfernee "Penny" Hardaway (with Alfre Woodard as Hardaway's bad-ass mom). Larry Bird and Rick Pitino are among the big names who are surprisingly believable showing up as themselves.

The Basketball Diaries
1995

Leonardo DiCaprio is electrifying as Jim Carroll, the late New York poet and musician who chronicled his teenage descent into heroin addiction in his memoir of the same name.

Growing up in Manhattan, Carroll played basketball for his elite Catholic high school and dreamed of athletic stardom. Instead, he would follow a dangerous path of sex and drugs, artistic inspiration and self-destruction. (The film moves the time period from the 1960s to the present.)

This early DiCaprio performance, along with his Oscar-nominated work in What's Eating Gilbert Grape, offer an exciting glimpse at the fearless actor he would become.

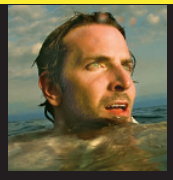
Teen Wolf
1985

Who doesn't like young, furry Michael J. Fox? At the height of his Family Ties and Back to the Future fame, Fox came out with this comedy about a scrawny player on a struggling high school basketball team who discovers he's a werewolf.

It's as high-concept as you can get. Turning into a werewolf turns him into a monster both on and off the court — and yes, Teen Wolf turns into a very traditionally '80s-style cautionary tale about the perils of instant popularity. But there's something nostalgically comforting about that, and Fox, with his endearing sense of self-deprecation and natural comic timing, somehow makes it all work better than it should.

THE ASSOCIATED PRESS

Box Office

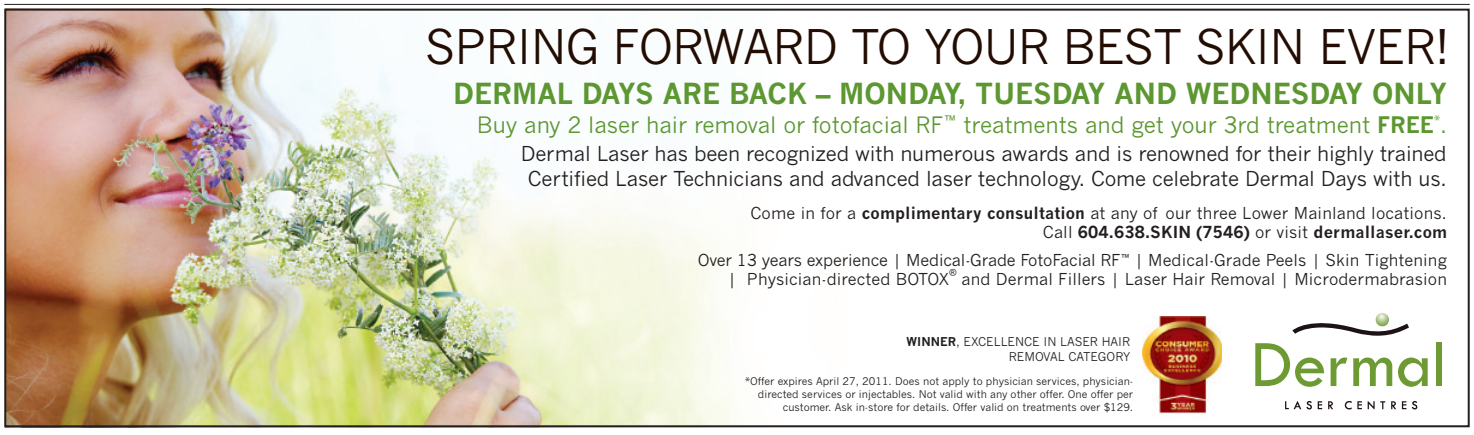


There was no stopping Limitless at the box office. The sci-fi thriller opened at No. 1 this weekend with US$19 million, according to studio estimates yesterday.

Last week's No. 1, the alien invasion movie Battle: Los Angeles, fell to third place with $14.6 million. Coming in second was the animated Western Rango at $15.3 million.

THE ASSOCIATED PRESS

After 6 years out of print, Sailor Moon comes back to bookstores, comic shops



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Billy Ray looking to mend fences

Singer calls off divorce Says relationship with daughter Miley also on upswing

ALL PHOTOS GETTY IMAGES

Billy Ray Cyrus: "I want to put my family back together."

Billy Ray Cyrus and wife Tish Cyrus are on the road to reconciliation, Billy Ray tells the hosts of The View during an interview.

"I've dropped the divorce," he says. "I want to put my family back together. Things are the best they've ever been."

Billy Ray still blames daughter Miley Cyrus' successful Disney show, Hannah Montana, for his family troubles and is glad the series is over.

"I feel like I got my Miley back," he says. "I feel like we're the daddy and daughter we were before Hannah Montana."

METRO

Talking points

Zellweger, Cooper call it quits: Report

BREAKUP. After two years of dating, Bradley Cooper and Renee Zellweger have reportedly split up.

The pair, who declined to discuss their relationship while dating, first met on the set of their movie, Case 39, and moved in together last fall.

Signs of trouble apparently started last month when they attended a pre-Oscar party but didn't spend much time at each other's sides, sources say.

Reps for Cooper and Zellweger had no comment.

METRO

Longoria moving on post-divorce

Eva Longoria

CELEBRATION. Eva Longoria concluded her weeklong 36th birthday celebrations with a party in Las Vegas over the weekend, where she told Us Weekly that she's doing great since her divorce from Tony Parker.

"Everything in my life is great!" she said. "I embrace everything that's happening. I hold dearly every experience that I have in my life.

"I regret nothing, so, you know, (I'm) moving on."

And she's apparently moving on with Eduardo Cruz, brother of actress Penelope Cruz.

"It was like two high school kids who just fell madly in love because they were always so touchy-feely," a source says of Longoria and Eduardo's behaviour at her party.

METRO

An intimate wedding for Reese

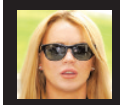
NUPTIALS. Reese Witherspoon is reportedly set to tie the knot for the second time this weekend, marrying talent agent Jim Toth at her Ojai, Calif., estate. But it's not going to be a big production, sources tell Popeater.

"It's not going to be a big Hollywood wedding packed with celebrities and people they hardly know, but rather a much more intimate private wedding with only close friends and family," a source says, adding that Witherspoon's two children with Ryan Phillippe, Ava and Deacon, will make up the wedding party.

METRO

Celebrity tweets

Ashton Kutcher [@aplusk] It only took the UN 31 days to make a decision on Lybia... Hmmm is that system broke? How many people have killed?...



Lindsay Lohan [@lindsaylohan] I love ny - but the paparazzi @ jfk just gave me an anxiety attack..... i was half asleep! they're such animals :(well- @ least im with my family in the end

Conan O'Brien [@Conan OBrien] Just did a 50,000 piece jigsaw puzzle, with the picture FACE DOWN!

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3

Spousonomic theory

New book proposes you run your household like a business ▶ Do kids get union rights?

DREW TOAL
LIFE@METRONEWS.CA

In their new book, Paula Szuchman and Jenny Anderson, co-authors of Spousonomics, apply economic and business principles to married life.

Are these ideas useful when it comes to parenting? They would know. Szuchman, an editor at the Wall Street Journal, has a daughter, and Anderson, a reporter for the New York Times, has two.

Metro speaks with Szuchman to find out.

In the book, you discuss ideas like a division of labour when doing chores, and evoke "supply and demand" in the bedroom. Are any of these concepts applicable to parent-kid relationships?

Sure. One thing that happens when people first have a kid is the comparative advantage with child rearing ends up being with the mom and not the dad. That's especially true if she's breast feeding, because then she has the absolute and comparative advantage in feeding the kid. And if she stays home and takes the maternity leave, then that reinforces the comparative advantages even more. Before you know it, you end up with this situation where the guy will just say, "I don't know how to do it." If she does everything, she falls prey to becoming the default master of everything.

YANIV NORD

▶ Jenny Anderson and Paula Szuchman

For a young couple, what's the opportunity cost of having kids these days?

Well, the opportunity cost is whether or not to have kids. Once you have them, opportunity cost is "romantic time." If you studied economics, you could articulate this even better than I can, but for every unit of value you get of the same thing, you get less value from it.

That reminds me of the opportunity cost graph for countries that's often illustrated as a choice between "guns" and "butter."

You mean like diapers versus date night?

Yes! What about collective bargaining for parents? Does it help to unionize?

When I was growing up, my parents were certainly about their united front. I had very little bargaining power. I hate my parents for that, but I also like them, so they must have done something right. Parenting is a string of bargaining moves.

New studies

52%

• Fifty-two per cent of adults aged 18 to 29 believe proper parenting is one of the most important things in life, according to a new Pew Research Center report. When Generation X was asked the same question years ago, only 42 per cent felt good parenting was important.

3x

• Depressed dads are three times as likely to spank their one-year-olds as dads who are not depressed, according to researchers at the University of Michigan.

METRO WORLD NEWS

Baby strollers have come a long way. The multifunctional strollers on the streets today are not your mother's buggy.

HEALTHY EATS ON A BUDGET

THE STAY-AT-HOME MOM

Samantha Mellen
Two boys: Lucas, 2, and Joshua, 4 months

What we feed our kids when they're young is the foundation they'll have as they grow up. I do a lot of foods and snacks that are easy to prepare, but also healthy. Carrots with dressing, yogurt, string cheese, peanut butter with an apple, and crackers are all snacks we enjoy.

I buy organic milk, meat and produce. Thankfully places like Costco make buying organic meat and fruit affordable.

I make my own baby food, which is super easy and cost affordable. My now two-year-old's first food (at six months) was an avocado. I'm really into what I feed my kids. However, I've also learned that if he wants a cookie, one every now and then won't hurt. Balance is a great thing — and make cookies that much better!

THE HIGH-POWERED WORKING MOM

Avis Jones-DeWeever
Executive Director, National Council of Negro Women
Mother of two boys, Aidan, 7, and Guy, 14

Many things in life have come naturally to me. Cooking, unfortunately, is not one of them. Complicating this issue further is the complexity of contending with the time constraints that every working mother must face. For me, the answer has been gadgets, smart substitutions and keeping on hand healthy snacks.

My best friend these days is an electronic pressure cooker/slow cooker. This one-pot miracle allows me to prepare the heart of meals in advance. I also routinely make healthier selections in the grocery store, like real fruit and vegetable juices instead of soda, turkey instead of pork or beef, and yogurt and fresh fruits. Still, I'm no health-food purist. There's just no substitute for family bonding over fresh chocolate chip cookies and milk.

THE HIPPIE MOM

Lili Meier
Owner, with husband, of My Little Green Shop, which sells organic and sustainable baby products online
Has a son, Sebastian, 25 months, and a daughter, Savara, 9 months

Thankfully, my hubby and I are on the same page when it comes to feeding our babes. We provide the healthiest food we can. We serve home-cooked meals (practically) every day, and choose organic food (fruit, veggies, dairy products and meat).

To help get a handle on the cost, we go to farmer's markets and try to stick with seasonal locally produced food. To save time, we often make big batches of something and then freeze a bunch so that on days when there's not much time/energy, we can still make something that is healthy.

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Remix your soup-and-sandwich combo

A sandwich made with naan bread and curried brie cheese, and colcannon soup accented with kale chips and proscuitto, offer a new twist

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

While there are plenty of colcannon fans, generally, anything with kale in it is a harder sell.

To counter that, a classic makeover is given to this colcannon soup for more appeal, while staying true to its spirit.

First, comes the base of the soup. Potatoes and onions are simmered in chicken broth, then blended until smooth. With a bit of cream, you basically have mashed potato soup. Not much to dislike there.

Also used is a relatively new product — kale chips. Available at most natural foods stores, they are made by seasoning and roasting kale until crispy. The result is delicious.

Sprinkled over the potato soup, the kale chips add a crunchy contrast to the smooth, creamy soup.

But since pork and potato go so nicely together, a bit of crisped prosciutto crumbled over the soup adds a wonderful savoury touch without adding much fat.

LARRY CROWE/ THE ASSOCIATED PRESS

▶ This recipe produces six servings.

Preparation:

1. In saucepan over medium-high heat, melt butter. Add onion and cook until golden. Add potatoes, garlic powder, dill and garlic and cook for 4 minutes. Add chicken broth and bring to boil. Reduce heat, cover, simmer for 20 minutes (until potatoes are tender).
2. Meanwhile, heat a skillet over medium. Spritz pan with cooking spray, then place 2 or 3 slices of prosciutto in the pan. Fry, turning after 2 minutes or until browned and crisp on both sides. Repeat with remaining prosciutto; set aside.
3. Using a blender, purée soup until almost smooth with some small chunks. Stir in cream, and return soup to a gentle simmer. Season with salt and pepper.
4. Divide soup among serving bowls and top each with some of the kale chips. Crumble 1 slice of prosciutto over each.

THE ASSOCIATED PRESS

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE ON EMILY, VISIT EMILYRICHARDSCOOK.CA

Ingredients:

- 1 tbsp (15 mL) butter
- 1 large onion, diced
- 2 lb (1 kg) russet potatoes, peeled and cut into small chunks
- 1 tsp (5 mL) garlic powder
- 1/4 tsp (1 mL) dried dill
- 2 cloves garlic, minced
- 4 cups (1 L) chicken broth
- 6 slices prosciutto
- 1/2 cup (125 mL) 35% whipping cream
- Salt and black pepper
- 1 cup (250 mL) kale chips

THE CANADIAN PRESS HO/ ALLYOUNEEDISCHEESE.CA

Curry Me Brie Sandwich

This naan bread sandwich, the creation of Paul Rogalski, executive chef and co-owner of Calgary's Rouge Restaurant, marries brie, curry and mango chutney with pear.

Ingredients:

- 1/2 cup (125 mL) butter, room temperature
- 2 tsp (10 mL) mild curry powder
- 4 slices naan bread
- 4 tbsp (60 mL) mango chutney
- 6 oz (175 g) brie, thinly sliced while chilled
- 1 ripe pear, skinned, seeded and thinly sliced

Preparation:

1. In bowl, mix butter and curry powder. Spread half of the butter on one side of two slices of the naan bread.
2. Place one naan, butter side down, in a skillet or panini press. Spread with 2 tbsp (30 mL) of mango chutney and place half of sliced brie, then half of sliced pear on naan. Cover with second naan, butter side up. Cook first side over medium heat until golden brown.
3. Using a spatula, flip. Continue cooking on second side for another until golden brown.
4. Remove from heat and set aside for 2 minutes to cool slightly. Wipe skillet with paper towel and repeat instructions for the second sandwich.

EMILY RICHARDS
PAUL ROGALSKI/ THE CANADIAN PRESS/ ALLYOUNEEDISCEESE.CA

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Queen of Green

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GREEN@METRONEWS.CA

COMPOSTING COLOUR SCHEME?

The other day I noticed that a friend of mine puts paper towels and facial tissue into her compost. Are you really allowed to add these?
Melanie of Edmonton

Paper products can be a welcome addition to any compost pile. The goal is to alternate layers of nitrogen-rich greens (yard trimmings and vegetable peels) and carbon-rich browns. You see backyard composting is really a colour-coordination project.

Other types of "browns" include leaves, twigs, straw, corn cobs and stalks, brown paper bags, newsprint and even the inside cylinders of empty toilet paper rolls. A simple trick is to chop, shred or tear your browns — greens too — to speed up decomposition.

TORSTAR NEWS SERVICE

▶ Compost is best when produced with layers of browns and greens.

What you shouldn't add are any greasy paper towels or napkins — they might attract unwelcome visitors. And, if you plan to put your compost in your garden, don't add bleached paper towels or napkins. Instead, purchase 100 per cent post-consumer waste-paper products processed chlorine-free. Better yet, switch to reusable cloth napkins and hankies to cut down on the waste leaving your home, even if it is compostable. Learn more about Composting Dos and Don'ts in my fact sheet at www.davidsuzuki.org.

David Suzuki Foundation

How to spot 'Greenwashing'

As consumer awareness of recycling and sustainability grows, the market is being inundated with eco-friendly products and processes. But is that green product you're putting in your shopping cart truly green — or are you, the shopper, being "greenwashed?"

"Greenwashing is making statements about the environmental attributes of a service or product that are either false or misleading," says Eric Boyd, an environmental lawyer with Seyfarth Shaw, a major American law firm now specializing in green compliance.

"My practice has been to help companies make sure they don't get in trouble under the Federal Trade Commission Green Guides, which prohibit false and misleading advertising."

Boyd guides his clients — including Canadian building-materials firms — through the maze of legal definitions of recyclability, compostability, degradability and other key concepts of environmentally conscious sustainability.

With demand for greener products steadily climbing, this has become a matter of significant importance for shoppers, and therefore for all companies competing for their cash.

"Consumer desire drives everything," Boyd says. "It drives the Walmarts of the world to require their suppliers to have green attributes in their products. And suppliers are not always sure what those words mean — or what they have to do to substantiate them."

This is particularly true in the construction industry on both sides of the Canada-U.S. border.

"LEED certification — gold, silver, platinum — is basically a sustainability measure for buildings," Boyd notes. "To get points for that certification, you get credit for things like recycling rain water and green roofs, but also for your building materials — if they're recyclable or made from recycled content. That is pushing suppliers to the building trades to come up with new products and services that meet those criteria."

So — how can you spot greenwashing?

"I'll give you a hint," Boyd says. "If the general claim — that this is environmentally preferable, or this has eco-benefits, or there's a green seal or something — you can always check the marketing materials or on their website to see if there's more detail. One of the things the law requires is that companies substantiate general environmental claims. That substantiation should be available somewhere."

That requires Boyd and his colleagues to do some detective work, ensuring that any company they advise is making legitimate green claims.

"I like this area of law because it pulls all sorts of things together," Boyd concludes.

"In the environmental world, for so long, we've been sort of command and control — how much pollutant can go in the air, the water, what have you — and how do you regulate that? Moving more toward a product-driven approach, people are looking more at life cycle and things like that. People are more concerned about the things they consume, eat and wear. This sort of product focus on the green marketing side brings it all full-circle."

BEN KNIGHT

ISTOCK

▶ Shopping 'green' could be full of schemes.

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Turning Point

TERESA KRUZE
LIFE@METRONEWS.CA

MAKING IT FROM INMATE TO INSPIRATION

"It can be overwhelming at times but I'm going to make it."
LATOYA RODNEY

▶ LaToya Rodney is a motivational speaker, social worker, singer, rap artist, dancer and actress.

LaToya Rodney watched the door of the jail cell swing shut. She was only 21 years old.

A life of anger and violence put her behind bars but it was a turning point for the young girl as her hidden talents began to emerge. "The inmates would hear me singing and rapping. I would sing them to sleep."

The prison guards noticed too and encouraged her to pursue her talents. But when she got out of jail her behaviour and anger got worse when her two brothers were shot.

"I was so into the gang life of retaliation." Finally, a friend convinced her to go to church. "People accepted me. They didn't know the dirt I had done in my life. They accepted me for what I was."

Inspired to make a permanent change in her life, LaToya became a social worker and motivational speaker.

She is back on the tough streets but this time she's making a difference in people's lives. "You have to understand where their brokenness and pain is coming from. It can be overwhelming at times but I'm going to make it."

LaToya Speaks

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Take that letter to another level

The cover letter is an employer's introduction to your personality Make that first impression count

1. Find out what your target employer's slogan, jingle or mission statement is and brainstorm ways to include it in your cover letter's introduction. This technique will quickly capture the reader's attention, demonstrate that you are familiar with the employer and stand out from other candidates' one-size-fits-all cover letters.

2. Add a table or two-column section that closely connects the employer's requirements to your qualifications and professional achievements. This strategy will quickly provide the employer with concrete evidence that you're a good fit for the job and worth learning more about.

3. Begin with a thought-provoking quote relevant to the position, the employer's goals or your target industry. Many people love to read, share and ponder quotes. Including one in your cover letter can be a quick and effective way to engage the reader.

4. Add a "P.S." to the end of your cover letter. Often, it's the first thing a person will read.

5. Feature a strong headline near the beginning of the cover letter. To keep it brief, yet powerful, address one of the employer's key concerns, spotlight your expertise or promote an attribute that will be particularly appealing. METRO

▶ The résumé is important, but it's important to remember that the cover letter comes first.

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- Meet Susan T. Spencer, the only woman ever to have been general manager of an NFL team
- In her new book Briefcase Essentials, she talks big business from a female perspective

The woman who tackled the NFL

There aren't many places more masculine than a National Football League locker-room and the shop floor at a meat company.

Susan T. Spencer survived them both.

Spencer, the only woman to have been general manager of an NFL team, says there were a few things that helped her get by in the boys' club.

A thick skin sure came in handy when she walked into the Philadelphia Eagles' locker-room and all the players dropped their towels en masse. She was also once referred to as "the wicked witch of The Vet" (a reference to the now-torn down Philadelphia Veterans Stadium).

"You can either develop a thick skin and shrug it off, or you can stay home and suck your thumb," says Spencer, whose new book, Briefcase Essentials, deals with her experience with the Eagles and the business world.

Recently, a newspaper columnist referred to her in print as "just another worthless bimbo." Rather than writing a nasty letter or making an angry phone call, Spencer says she found some humour in the insult, figuring it made the writer look worse than her.

"Honestly, I just laughed," she says.

While admitting she got her job with the Eagles because her father, Leonard Tose, was the owner, Spencer says she still wanted — and needed — to be taken seriously by other GMs, players and the team's bankers.

"You can either develop a thick skin and shrug it off, or you can stay home and suck your thumb."
SUSAN T. SPENCER ON DEALING WITH CRITICISM

To do that, she had to understand every facet of the team's business better than any man would have had to. It's not fair, but that's the way the world is for women in a masculine environment, she says.

"You have to know your material stone-cold. Women are held to a higher standard than men," says Spencer, who was surrounded by football for much of her youth, thanks to her father's purchase of the Eagles in the 1960s. Even if women don't have the good fortune to be the child of a team owner or top business executive, there's no reason they can't do research on their own, she says.

"You have to immerse yourself in it."

It's frustrating, but not surprising, that 26 years after she left the Eagles (when her father was forced to sell the team to cover gambling debts), Spencer is still the only woman to have been an NFL GM, says Sue Rodin. Rodin, founder of Women in Sports and Events (WISE), says old habits die hard in male-dominated businesses.

"I think there's a lot of history, there's a male-dominated culture, there's some inertia and I'm sorry to say, there's an old boys' network," said Rodin, pointing out that sports is far from the only offender. "It's like that in law, it's like that on Wall Street, too."

Rodin is "cautiously optimistic" that things are changing in the pro-sports world. She points to women like Amy Trask — CEO of the NFL's Oakland Raiders — as evidence of progress. Rita Benson Leblanc, part owner and executive vice-president of the NFL's New Orleans Saints, is another powerful woman in the league (although, like Spencer, Leblanc had a family connection — her grandfather bought the team in 1985). Canadian Stacey Allaster, head of the Women's Tennis Association and one of 2011's WISE women of the year, is another. Still, women sports executives are in the minority, Rodin says.

While the odds are stacked in favour of men in many corporate settings, Spencer says women can overcome them.

She says women are better communicators, more open-minded about where to find advice and more empathetic than men. "There are just some things that women will do more instinctively than men."

Those soft skills sometimes dismissed by male executives are good business, says Spencer. When she took over a meat-processing company she was shocked to learn the former owner didn't even know the names of many of his staff.

"You don't have to be their friends. But you need to know the people in your company," says Spencer.

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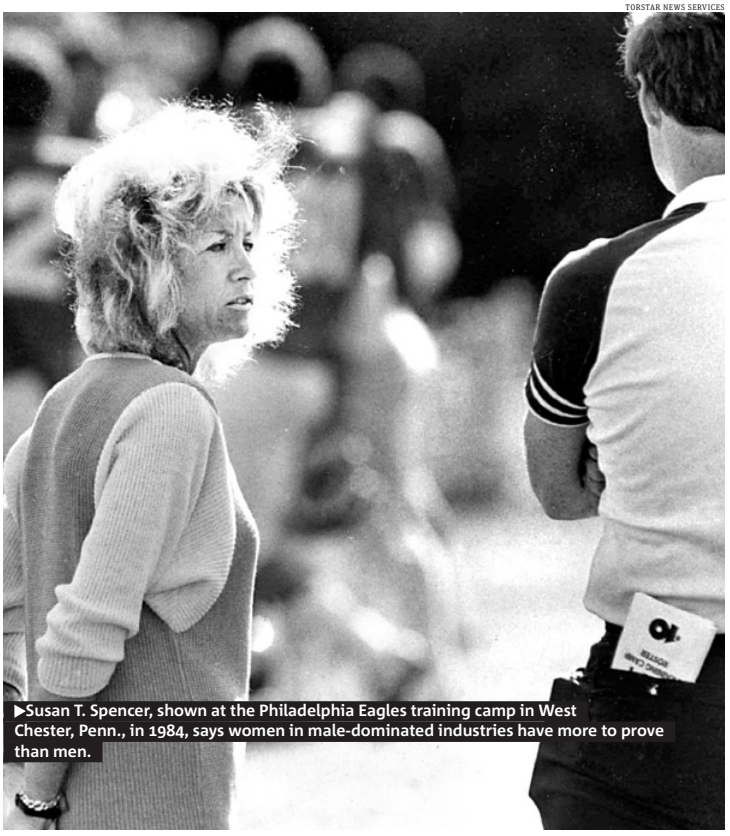

▶Susan T. Spencer, shown at the Philadelphia Eagles training camp in West Chester, Penn., in 1984, says women in male-dominated industries have more to prove than men.

Boots that still need filling

While women are making great strides in the workplace, there are some jobs Canadian men just don't seem all that keen on sharing. Here's a look at the Top (or bottom) 10, with job, number of people in that job, and percentage of those jobs held by women...

- Bricklayers: 18,885; 1.1
- Heavy-duty equipment mechanics: 39,140; 1.1x
- Concrete finishers: 11,440; 1.2
- Small engine, equipment mechanics: 6,815; 1.3
- Refrigeration and air conditioning mechanics: 22,240; 1.4
- Gas fitters: 5,650; 1.4
- Construction millwrights, industrial mechanics: 75,900; 1.5
- Nonindustrial electricians: 72,390; 1.6
- Steamfitters, pipefitters, and sprinkler installers: 22,190; 1.7.
- Industrial electricians: 29,960; 1.7.

Source: Statistics Canada 2006 Census data

Y are we all so pessimistic?

Two 'thought leaders' are out to change the way we view the world

When David Suzuki sluices out the slimy, sticky consequences of Big Oil and the Alberta tarsands in a recent documentary, he rubs a raw nerve in Tara Mahoney.

She absorbs the renowned scientist's harsh facts, certain he is right. But the 27-year-old takes umbrage at his death knell that the world is worse off now than ever before.

"It's also gotten a lot better," she says. "There's a lot of positive things you can focus on and progress has been made. I think it's important to remind people of that."

They've come of age imperilled by climate change, planes diving into buildings and superpowers sniping civilians, but Mahoney and 25-year-old Fiona Rayher aren't hiding under the bed.

The tenacious Vancouver collaborators have recently launched the Generation Why Media Project, aiming to galvanize peers rather than let them give up. They're using media, public art, workshops and events to spread their concept, and have already been tapped as "thought leaders" by the idea-sharing forum TED.

"We feel something is happening to our world, it doesn't make any sense, we need to go in a new direction," Rayher says, describing their approach as "informed optimism."

"If we understand that to be true," adds Mahoney, "then we need to decide as a generation while we're still young and we have the energy and exuberance to want to change and create things.

"We need to be focusing on the solutions right now."

The brainchild was born after the duo made a short film featuring three people who exemplified the values they believe epitomize generation Y's potential, and everyone who viewed it clamoured for more. So they built a website with a blog, shot more shorts, gave a keynote speech at TEDxVancouver and started throwing theme parties.

DARRYL DYCK/THE CANADIAN PRESS

▶ Generation Why collaborators Tara Mahoney, left, and Fiona Rayher

Underlying the multi-faceted project, which costs them loads of time but not too much cash, is the theory that every four-part cycle of births throughout American history includes a "hero generation." In the concept, developed by social historians William Strauss and Neil Howe, that group turns upside down the social structures set up by the previous dominant generation, because they're no longer working.

Instead of laying blame on their parents, however, Mahoney and Rayher conceived an event (held last Saturday) where they paired gen-Y and baby boomer speakers to publicly dialogue about the environment, justice, community, technology, and the future.

"The potential of (generation Y) doing things to change the world and to solve some of these problems is much greater than it was for us," says Kathleen Mahoney, an internationally recognized human rights lawyer and law professor, who is also Tara's 64-year-old mother.

Before her moment on stage, she noted the generation has also benefited enormously from social progress and economic prosperity driven by boomer action.

"I think your generation, if I may say it this way, is just beginning to realize what power they have."

Caleb Behn, a 29-year-old law student and aboriginal activist from northeastern B.C., was Mahoney's counterpoint during the discussion.

He describes his generation as frenetic and out of balance.

"Despite the tattoos, despite the piercings and the body modification and progressive politics and the willingness to engage, and frankly, stand up ... We're a generation that inherited a hell of a world and often times as a generation we don't know what to do with it," he says in an interview.

"We're so active and we're so engaged and some of us burn out young and get cynical and get into the corporate world and believe in certain materialistic things. Some of us stay activists and just stand in opposition."

THE CANADIAN PRESS

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Mar 21/11

- The Whitecaps kicked off the MLS era with a 4-2 win over Toronto FC
- Metro's Matt Kieltyka runs through Saturday's keys to victory

DARRYL DYCK/THE CANADIAN PRESS

▶ Atiba Harris, centre right, is mobbed by his Whitecaps teammates after scoring against Toronto FC on Saturday.

Why they won

DARRYL DYCK/THE CANADIAN PRESS

Davide Chiumiento

The Swiss playmaker was an absolute dynamo in the first half the match.

Although Toronto enjoyed more possession, it was Chiumiento making things happen on the pitch for Vancouver.

He used his quick feet to nutmeg several defenders and, more importantly, set up the first two Whitecaps goals with a great cross and a perfectly weighed through ball.

JEFF VINNICK/GETTY IMAGES

Work ethic

The work rate of both teams in the second half made all the difference.

Vancouver exposed gaping holes in the TFC defence and it was clear the visitors had given up well before the final whistle.

Atiba Harris should have scored on two breakaways while Toronto didn't bother tracking back as an unmarked Eric Hassli scored Vancouver's fourth.

Afterward, Dwayne De Rosario admitted his side had "no fight."

DARRYL DYCK/THE CANADIAN PRESS

Home-field advantage

You can't discount 23,000 fans.

It was clearly a historic game for Vancouver, the squad and their fans.

Nowhere was it more apparent than when hometown hero Terry Dunfield leaped into the stands after scoring the Whitecaps' second goal.

"This is what soccer is," said Vancouver captain Jay DeMerit. "You come to a stadium like this and there are going to be teams who don't want to come here."

DARRYL DYCK/THE CANADIAN PRESS

Eric Hassli

Before the game was up, some fans in the crowd began chanting "Beast!" when the designated player touched the ball.

He played like one.

Aside from scoring two goals in his North American debut, the much-touted Frenchman held up play, drew several harsh challenges and generally out-muscled the Toronto backline.

It's difficult to say whether he can keep that form up, but he provided Vancouver an instant return on investment on Day One.

DARRYL DYCK/THE CANADIAN PRESS

TFC growing pains

Credit must go to the Whitecaps, but you can't forget Toronto is in rebuilding mode.

Coach Aron Winter is still trying to gel together a relatively new group of players while preaching a new attack-minded Dutch philosophy.

That unfamiliar style of play will clearly need some more time to evolve, as TFC looked disorganized and flustered in the second half.

Toronto fans must be patient in the early part of the season.

JONATHAN HAYWARD/THE CANADIAN PRESS

Poncho Power

You'd be afraid too if thousands of soft plastic packets were thrown at you every time you conceded a goal.

In all seriousness, the poncho throwing at Empire Field probably had zero bearing on the game, but did force long stoppages as crews cleaned up the mess.

You can only imagine what it must have been like for Toronto players, who had to stand around and soak up the hostile atmosphere instead of getting back to playing.

Heil finishes career with silver

"I have nothing left to do on the hill and that's a beautiful ending for me."
JENN HEIL

Canadian freestyle skier Jenn Heil captured every title imaginable over her stellar career.

She won Olympic gold at the Turin Games in 2006, picked up a pair of world championship titles and earned a staggering 58 World Cup medals along the way.

When she looks back at the last decade, a silver-medal performance stands out as her top memory. She said she'll never forget the roar from the home crowd at the Vancouver Olympics last year.

"When my name was announced and the mountain vibrated from the support of the Canadians," Heil said. "That was truly the greatest moment."

Heil, from Spruce Grove, Alta., capped her career yesterday with a silver medal in the dual moguls at the final World Cup of the season.

She lost control in the middle section of her final run and had to pull out before her second jump, giving American Hannah Kearney the gold.

It was a four-medal day for Canada, which clinched the Freestyle Nations Cup for the fifth straight season.

THE CANADIAN PRESS

HO-CFSA-MIKE RIDEWOOD/THE CANADIAN PRESS

▶ Jenn Heil

4 sports

Quoted

"I was just standing there, and I hoped he wasn't going to crush my face. I think it was a good charge. I think it was the right call."
PHOENIX CENTRE MARCIN GORTAT, WHO DREW A CHARGE ON HIGH-FLYING CLIPPERS ROOKIE BLAKE GRIFFIN IN THE FOURTH QUARTER OF THE SUNS' 108-99 WIN YESTERDAY. IT WAS GRIFFIN'S SIXTH FOUL.

Scan code for more sports.

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
dx-Philadelphia	71	44	19	4	4	228	190	96	21-10-2-2	23-9-2-2	4-4-1-1	W1
d-Washington	73	42	21	5	5	198	176	94	22-8-2-5	20-13-3-0	9-1-0-0	W1
d-Boston	71	39	22	5	5	213	175	88	16-12-3-2	23-10-2-3	4-4-2-0	L2
Pittsburgh	72	41	23	5	3	208	177	90	22-13-2-0	19-10-3-3	5-3-2-0	L1
Tampa Bay	72	39	22	5	6	214	217	89	22-9-1-4	17-13-4-2	2-4-2-2	L2
Montreal	73	40	26	4	3	200	185	87	22-9-3-3	18-17-1-0	7-3-0-0	W1
NY Rangers	73	39	30	2	2	215	179	82	17-17-1-2	22-13-1-0	6-4-0-0	W4
Buffalo	72	35	28	8	1	214	208	79	16-16-3-1	19-12-5-0	5-3-2-0	L1
Carolina	72	33	29	5	5	201	214	76	19-12-2-2	14-17-3-3	4-5-1-0	W1
Toronto	73	32	31	5	5	192	225	74	17-14-3-4	15-17-2-1	5-4-1-0	W1
New Jersey	72	34	34	3	1	154	182	72	17-15-2-1	17-19-0-1	7-3-0-0	W1
Atlanta	72	30	30	5	7	202	237	72	15-14-2-5	15-16-3-2	5-4-1-0	L1
Florida	72	29	33	5	5	182	198	68	15-15-5-4	14-18-0-1	3-4-2-1	L1
NY Islanders	73	28	33	7	5	203	232	68	16-15-1-4	12-18-6-1	5-1-3-1	W1
Ottawa	72	27	36	5	4	164	223	63	13-19-2-3	14-17-3-1	6-4-0-0	W2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
y-Vancouver	73	47	17	4	5	238	172	103	25-8-1-4	22-9-3-1	8-2-0-0	L1
Detroit	72	43	21	5	3	233	204	94	19-11-3-2	24-10-2-1	5-3-1-1	L1
San Jose	73	42	23	4	4	211	191	92	20-11-2-3	22-12-2-1	5-3-0-2	W3
Phoenix	74	39	24	7	4	213	207	89	17-12-4-2	22-12-3-2	6-3-1-0	L1
Los Angeles	72	40	26	4	2	197	176	86	20-12-3-0	20-14-1-2	5-3-2-0	L2
Chicago	72	39	25	3	5	234	203	86	22-14-0-0	17-11-4-4	6-2-1-1	W1
Nashville	73	38	25	6	4	190	172	86	19-8-4-3	19-18-1-1	6-2-1-1	W3
Anaheim	72	40	27	3	2	204	208	85	23-12-1-1	17-15-2-1	8-2-0-0	W3
Dallas	72	38	25	3	6	203	202	85	20-11-2-5	18-14-1-1	5-2-2-1	L1
Calgary	74	37	27	4	6	226	214	84	22-12-1-3	15-15-3-3	5-4-1-0	L1
Minnesota	73	35	30	3	5	185	204	78	17-14-2-3	18-16-1-2	2-6-2-0	L6
Columbus	72	33	29	4	6	195	218	76	16-16-1-3	17-13-3-3	2-5-1-2	L1
St. Louis	72	32	31	4	5	201	214	73	20-12-1-3	12-19-3-2	4-6-0-0	L2
Colorado	71	27	36	7	1	198	250	62	14-17-4-0	13-19-3-1	1-8-0-1	W1
Edmonton	72	23	39	2	8	175	237	56	12-20-1-4	11-19-2-3	3-5-1-1	L6

x — clinched playoff berth; y — clinched division title; d — division leaders; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL or SOL columns.

Yesterday's results
Montreal 8 Minnesota 1
Anaheim 5 Calgary 4 (OT)
Chicago 2 Phoenix 1
Nashville 4 Buffalo 3 (OT)
New Jersey 3 Columbus 0
N.Y. Rangers 5 Pittsburgh 2
Saturday's results
Ottawa 3 Tampa Bay 2 (OT)
Toronto 5 Boston 2
Colorado 3 Edmonton 2 (SO)
Anaheim 2 Los Angeles 1 (OT)
Buffalo 8 Atlanta 2
Columbus 5 Minnesota 4 (OT)
Nashville 3 Detroit 1
N.Y. Islanders 4 Florida 3 (SO)
Philadelphia 3 Dallas 2 (SO)
San Jose 5 St. Louis 3
Tonight's games
All times Eastern
Pittsburgh at Detroit, 7 p.m.
Calgary at Los Angeles, 10:30 p.m.
Tomorrow's games
New Jersey at Boston, 7 p.m.
Florida at N.Y. Rangers, 7 p.m.
Washington at Philadelphia, 7 p.m.
Ottawa at Carolina, 7 p.m.
Buffalo at Montreal, 7:30 p.m.
N.Y. Islanders at Tampa Bay, 7:30 p.m.
Edmonton at Nashville, 8 p.m.
Toronto at Minnesota, 8 p.m.
Columbus at Colorado, 9 p.m.
St. Louis at Phoenix, 10 p.m.

DUCKS 5, FLAMES 4 (OT)

First Period
1. Anaheim, Getzlaf 18 (Perry) 1:18
2. Anaheim, Perry 38 (Selanne, Getzlaf) 3:36 (pp)
3. Anaheim, Beauchemin 4 (Koivu, Selanne) 5:49
4. Calgary, Kostopoulos 7 (Stajan, Jackman) 18:52
Penalties — Regehr Cal (hooking) 2:44, McMillan Ana (hooking) 13:43, Perry Ana (boarding) 16:23.
Second Period
5. Calgary, Bourque 25 (Glencross, Kostopoulos) 8:04
6. Calgary, Kostopoulos 8 (Staios, Glencross) 16:44
Penalty — Blake Ana (high-sticking) 12:08.
Third Period
7. Calgary, Iginla 33 (Tanguay, Giordano) 7:10 (pp)
8. Anaheim, Selanne 22 (Getzlaf, Visnovsky) 17:59 (pp)
Penalties — Fowler Ana (cross-checking) 5:45, Stajan Cal (hooking) 12:12, Bourque Cal (interference) 16:58.
Overtime
9. Anaheim, Perry 39 (Lydman, Getzlaf) 2:38
Missed penalty shot — Ryan Ana, 2:34.
Penalties — None.
Shots

Calgary	12	13	14	2—41
Anaheim	9	9	11	4—33

Goal (shots-saves) — Calgary: Kiprusoff (5-2), Karlsson (L,4-5-5)(5:49 first)(28-26); Anaheim: Ellis (W,19-9-7). **Power plays (goals-chances)** — Calgary: 1-4; Anaheim: 2-3.
Referees — Kelly Sutherland, Dean Morton.
Linesmen — Shane Heyer, Jean Morin.
Attendance — 15,177 (17,174).

CANADIENS 8, WILD 1

First Period
1. Montreal, White 1 (Pouliot, Subban) 0:31
2. Montreal, Kostitsyn 19 (Pouliot) 6:47
Penalties — White Mtl, Stoner Min (fighting) 6:31, Kostitsyn Mtl (high-sticking) 7:06, Staubitz Min (high-sticking) 17:05.
Second Period
3. Montreal, Subban 9 (White, Pouliot) 0:51
4. Montreal, Wisniewski 10 (Cammalleri, Auld) 5:22
5. Montreal, Moen 6 (Gomez, Hamrlik) 7:35
6. Montreal, Subban 10 (Wisniewski, Cammaleri) 16:23 (pp)
Penalties — Palushaj Mtl (hooking) 3:01, Staubitz Min (roughing) 15:46, Miettinen Min (hooking) 18:22, Koivu Min (tripping) 19:21.
Third Period
7. Montreal, Subban 11 (White, Desharnais) 1:27
8. Minnesota, Koivu 17, 12:14 (penalty shot, pp)
9. Montreal, Pyatt 2 (Gionta, Desharnais) 13:55
Penalties — Mara Mtl, Clutterbuck Min (unsportsmanlike conduct, misconduct) 7:51, Gionta Mtl (tripping) 10:52, Havlat Min (hooking) 16:20.
Shots

Montreal	11	13	8	32
Minnesota	12	8	11	31

Goal (shots-saves) — Montreal: Auld (W,6-2-1); Minnesota: Theodore (L,12-10-3)(19-14), Backstrom (7:36 second)(13-10). **Power plays (goals-chances)** — Montreal: 1-5; Minnesota: 1-3.
Referees — Chris Rooney, Marc Joannette.
Linesmen — Mark Wheler, Bryan Pancich.
Attendance — 18,595 (18,064).

SATURDAY

MAPLE LEAFS 5, BRUINS 2

First Period
1. Toronto, Schenn 4 (Crabb) 9:44
2. Boston, McQuaid 2, 11:46
3. Toronto, Kadri 1 (Crabb, Gunnarsson) 12:26
Penalty — Ryder Bos (delay of game) 6:41.
Second Period
4. Toronto, Crabb 3 (Boyce, Kadri) 7:49
5. Toronto, Brown 3 (Brent) 8:18
6. Toronto, Aulie 2 (Bozak, Kessel) 17:23
Penalty — Brent Tor (delay of game) 3:19.
Third Period
7. Boston, Paille 3 (Thornton, Campbell) 19:40
Penalties — Brown Tor (goaltender interference) 5:42, Horton Bos, Phaneuf Tor (fighting) 11:45, Recchi Bos (hooking) 13:55.
Shots

Boston	11	15	11	37
Toronto	9	12	8	28

Goal (shots-saves) — Boston: Thomas (L,29-10-8)(14-10), Rask (8:18 second, 7-6), Thomas (0:00 third, 8-8); Toronto: Reimer (W,15-7-4).
Power plays (goals-chances) — Boston: 0-2 Toronto: 0-2.
Referees — Frederick L'Ecuyer, Bill McCreary.
Linesmen — Tim Nowak, Jonny Murray.
Attendance — 19,512 (18,819).

AVALANCHE 3, OILERS 2 (SO)

First Period
1. Colorado, Duchene 23 (Winnik) 9:47
Penalties — Johnson Col, Jones Edm (fighting) 0:11, Vandermeer Edm (slashing) 2:16, Yip Col (tripping) 11:40, Eberle Edm (high-sticking) 12:37, Wilson Col (roughing) 17:02.
Second Period
2. Edmonton, Eberle 16 (Cogliano, Foster) 13:05 (pp)
3. Colorado, Porter 13 (Wilson, Duchene) 17:00
Penalties — McLeod Col (double high-sticking) 12:35.
Third Period
4. Edmonton, Foster 6 (Omark, Paajarvi) 16:10
Penalties — None.
Overtime
No Scoring.
Penalty — Holos Col (hooking) 3:37.
Shootout
(Colorado wins 1-0)
Colorado (1) — Duchene, miss; Porter, miss; Jones, miss; Stoa, goal. **Edmonton (0)** — Eberle, miss; Omark, miss; Giroux, miss; Paajarvi, miss.
Shots

Colorado	10	11	5	1—27
Edmonton	6	7	16	4—33

Goal — Colorado: Elliott (W,14-24-9); Edmonton: Khabibulin (L,10-28-3). **Power plays (goals-chances)** — Colorado: 0-2; Edmonton: 1-5.
Referees — Greg Kimmerly, Tom Kowal. **Linesmen** — Ryan Galloway, Vaughan Rody.
Attendance — 16,839 (16,839).

CRICKET

WORLD CUP

GROUP A

	MP	W	T	L	NR	Pt
x-Pakistan	6	5	0	1	0	10
x-Sri Lanka	6	4	0	1	1	9
x-Australia	6	4	0	1	1	9
x-New Zealand	6	4	0	2	0	8
Zimbabwe	6	2	0	4	0	4
Canada	6	1	0	5	0	2
Kenya	6	0	0	6	0	0

GROUP B

	MP	W	T	L	NR	Pt
x-South Africa	6	5	0	1	0	10
x-India	6	4	1	1	0	9
x-England	6	3	1	2	0	7
x-West Indies	6	3	0	3	0	6
Bangladesh	6	3	0	3	0	6
Ireland	6	2	0	4	0	4
Netherlands	6	0	0	6	0	0

x — clinched berth in quarter-finals.
Yesterday's results
At Calcutta, India
Zimbabwe (308-6) def. Kenya (147) by 161 runs.
At Chennai, India
India (268) def. West Indies (188) by 80 runs.
Saturday's results
At Dhaka, Bangladesh
South Africa (284-8) def. Bangladesh (78) by 206 runs.
At Colombo, Sri Lanka
Pakistan (178-6) def. Australia (176) by four wickets.
End of Group Stage

MLB

SPRING TRAINING

Yesterday's results
Toronto 3 Minnesota 0
Arizona (ss) 4 Oakland (ss) 2
Atlanta 5 Houston (ss) 3
Baltimore 9 Tampa Bay 8
Chicago Cubs 3 San Francisco (ss) 2 (10 ings)
Cincinnati 9 Milwaukee 8
Cleveland 5 Arizona (ss) 3
Colorado 6 L.A. Angels 6 (10 ings)
Detroit 6 Washington 1
Florida 5 N.Y. Mets 0
L.A. Dodgers 9 Chicago White Sox 7
N.Y. Yankees 8 Philadelphia 1
Oakland (ss) 6 San Francisco (ss) 4
Pittsburgh 3 Houston (ss) 1
Seattle 4 San Diego 1
St. Louis 10 Boston 3
Texas 5 Kansas City 2
Saturday's results
N.Y. Yankees 5 Toronto 5 (10 ings)
Philadelphia 7 Baltimore 5
Atlanta (ss) 3 N.Y. Mets (ss) 3 (10 ings)
Houston 3 St. Louis (ss) 2
Pittsburgh 7 Boston 5
Florida 5 St. Louis (ss) 4
Minnesota 9 Tampa Bay 2
Detroit 2 Atlanta (ss) 1
N.Y. Mets (ss) 7 Washington 4
San Francisco 3 Kansas City 1
Oakland 8 Chicago White Sox 3
Seattle 9 Texas 8 (10 ings)
L.A. Dodgers 6 Milwaukee 6 (10 ings)
Cleveland 10 L.A. Angels 7
San Diego 14 Chicago Cubs 4
Cincinnati (ss) 10 Colorado 3
Arizona 13 Cincinnati (ss) 10

SOCCER

MLS

Yesterday's result
New England 1 Los Angeles 1
Saturday's results
Vancouver 4 Toronto 2
Chicago 1 Dallas 1
Colorado 3 Portland 1
D.C. United 3 Columbus 1
New York 1 Seattle 0
Philadelphia 1 Houston 0
Real Salt Lake 1 San Jose 0
Sporting Kansas City 3 Chivas USA 2

ENGLAND

PREMIER LEAGUE

Yesterday's results
Sunderland 0, Liverpool 2
Chelsea 2 Manchester City 0
Saturday's results
Aston Villa 0 Wolverhampton Wanderers 1
Blackburn 2 Blackpool 2
Everton 2 Fulham 1
Manchester United 1 Bolton 0
Stoke 4 Newcastle 0
Tottenham 0 West Ham 0
West Bromwich Albion 2 Arsenal 2
Wigan 2 Birmingham 1

TENNIS

ATP-WTA BNP PARIBAS OPEN

At Indian Wells, Calif.
Yesterday's results
Men
Singles — Championship
Novak Djokovic (3), Serbia, def. Rafael Nadal (1), Spain, 4-6, 6-3, 6-2.
Women
Singles — Championship
Caroline Wozniacki (1), Denmark, def. Marion Bartoli (15), France, 6-1, 2-6, 6-3.
Saturday's results
Men
Doubles — Championship
Alexander Dolgopolov, Ukraine, and Xavier Malisse, Belgium, def. Roger Federer and Stanislas Wawrinka, Switzerland, 6-4, 6-7 (5), 10-7.
Women
Doubles — Championship
Sania Mirza, India, and Elena Vesnina, Russia, def. Bethanie Mattek-Sands and Meghann Shaughnessy (8), U.S., 6-0, 7-5.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
y-Boston	49	19	.721	—
y-Chicago	49	19	.721	—
x-Miami	48	22	.686	2
x-Orlando	44	26	.629	6
Atlanta	40	30	.571	10
Philadelphia	36	34	.514	14
New York	35	34	.507	14½
Indiana	30	40	.429	20
Milwaukee	28	41	.406	21½
Charlotte	28	41	.406	21½
Detroit	25	45	.357	25
New Jersey	22	46	.324	27
Toronto	20	49	.290	29½
Washington	17	51	.250	32
Cleveland	13	55	.191	36

WESTERN CONFERENCE

	W	L	Pct	GB
x-San Antonio	56	13	.812	—
y-L.A. Lakers	50	20	.714	6½
x-Dallas	49	21	.700	7½
d-Oklahoma City	45	24	.652	11
Denver	41	29	.586	15½
Portland	40	30	.571	16½
New Orleans	40	31	.563	17
Memphis	38	32	.543	18½
Houston	37	34	.521	20
Phoenix	35	33	.515	20½
Utah	36	34	.514	20½
Golden State	30	40	.429	26½
L.A. Clippers	27	44	.380	30
Sacramento	17	51	.250	38½
Minnesota	17	54	.239	40

d – division leader; **x** — clinched playoff berth; **y** — clinched division.
Yesterday's results
Washington 98 New Jersey 92
Atlanta 104 Detroit 96
Milwaukee 100 New York 95
Phoenix 108 L.A. Clippers 99
Sacramento 127 Minnesota 95
Houston 110 Utah 108
Toronto 95 Oklahoma City 93
Dallas 101 Golden State 73
L.A. Lakers 84 Portland 80
Saturday's results
Boston 89 New Orleans 85
L.A. Clippers 100 Cleveland 92
Memphis 99 Indiana 78
Miami 103 Denver 98
Portland 110 Philadelphia 101
San Antonio 109 Charlotte 98
Tonight's games
All times Eastern
Orlando at Cleveland, 7 p.m.
Indiana at New Jersey, 7 p.m.
Boston at New York, 7:30 p.m.
Sacramento at Chicago, 8 p.m.
Utah at Memphis, 8 p.m.
Golden State at San Antonio, 8:30 p.m.
Toronto at Denver, 9 p.m.
Tomorrow's games
Chicago at Atlanta, 8 p.m.
Washington at Portland, 10 p.m.
Phoenix at L.A. Lakers, 10:30 p.m.

CURLING

WORLD WOMEN'S CURLING CHAMPIONSHIP

At Esbjerg, Denmark

Country (skip)	W	L
China (B.Wang)	2	1
Czech Rep. (Kubekova)	2	1
Germany (A.Schopp)	2	1
Norway (Githmark)	2	1
Russia (Privivkova)	2	1
Sweden (Norberg)	2	1
Switzerland (Ott)	2	1
Canada (Holland)	**1**	**2**
Denmark (Nielsen)	1	2
Scotland (Sloan)	1	2
U.S. (Lank)	1	2
South Korea (Kim)	0	3

Yesterday's results
Fourth Draw
Russia 9 **Canada 4**
China 10 South Korea 3
Scotland 7 U.S. 6
Switzerland 9 Czech Republic 3
Fifth Draw
Denmark 8 **Canada 5**
China 8 Germany 2
Czech Republic 7 Norway 5 (extra end)
Sweden 5 Scotland 3

BASKETBALL

NCAA TOURNAMENT

All times Eastern

THIRD ROUND

EAST REGIONAL
Yesterday's results
At Charlotte, N.C.
North Carolina 86 Washington 83
At Cleveland
Ohio State 98 George Mason 66
Marquette 66 Syracuse 62
Saturday's result
At Tampa, Fla.
Kentucky 71 West Virginia 63
SOUTHEAST REGIONAL
Saturday's results
At Washington
Butler 71 Pittsburgh 70
At Tampa, Fla.
Florida 73 UCLA 65
At Denver
BYU 89 Gonzaga 67
At Tucson, Ariz.
Wisconsin 70 Kansas State 65
SOUTHWEST REGIONAL
Yesterday's results
At Chicago
Virginia Commonwealth 94 Purdue 76
Florida State 71 Notre Dame 57
At Tulsa, Okla.
Kansas 73 Illinois 59
Saturday's result
At Denver
Richmond 65 Morehead State 48
WEST REGIONAL
Yesterday's results
At Charlotte, N.C.
Duke 73 Michigan 71
At Tulsa, Okla.
Texas (28-7) vs. Arizona (28-7)
Saturday's results
At Washington
Connecticut 69 Cincinnati 58
At Tucson, Ariz.
San Diego State 71 Temple 64 (2OT)

GOLF

TRANSITIONS CHAMPIONSHIP

At Palm Harbor, Fla.
Par 71
Final Round
(a — amateur)

Gary Woodland, $990,000	67-68-67-67—269
Webb Simpson, $594,000	67-67-67-69—270
Scott Stallings, $374,000	66-70-66-70—272
Brandt Snedeker, $264,000	72-64-67-70—273
Marc Turnesa, $180,125	68-67-73-66—274
Martin Laird, $180,125	66-70-68-70—274
Roland Thatcher, $180,125	68-67-69-70—274
Chris Couch, $180,125	69-64-70-71—274
Justin Rose, $180,125	70-65-65-74—274
Brendon de Jonge, $180,125	69-66-66-73—274
Chez Reavie, $132,000	70-70-65-70—275
Stewart Cink, $132,000	68-70-67-70—275
Jim Furyk, $110,000	67-70-69-70—276
Nick Watney, $110,000	66-72-65-73—276
John Senden, $88,000	67-72-68-70—277
Sergio Garcia, $88,000	68-66-72-71—277
Rory Sabbatini, $88,000	67-72-67-71—277
Peter Hanson, $88,000	69-67-69-72—277
Garrett Willis, $88,000	66-67-70-74—277

LPGA FOUNDERS CUP

At Phoenix
Par 72
Final Round

Karrie Webb, $150,000	71-67-66—204
Paula Creamer, $85,110	69-70-66—205
Brittany Lincicome, $85,110	67-68-70—205
Cristie Kerr, $55,362	69-68-69—206
Angela Stanford, $44,561	66-66-75—207
Mindy Kim, $36,459	69-67-72—208
Morgan Pressel, $28,627	70-71-68—209
Sun Young Yoo, $28,627	69-70-70—209
Seon Hwa Lee, $24,036	69-69-72—210
Also	
Samantha Richdale, $12,423	**72-70-71—213**
Alena Sharp, $10,340	**71-70-73—214**
Lisa Meldrum, $3,187	**71-73-74—218**
Lorie Kane, $2,600	**72-74-73—219**
Jessica Shepley, $2,600	**72-73-74—219**

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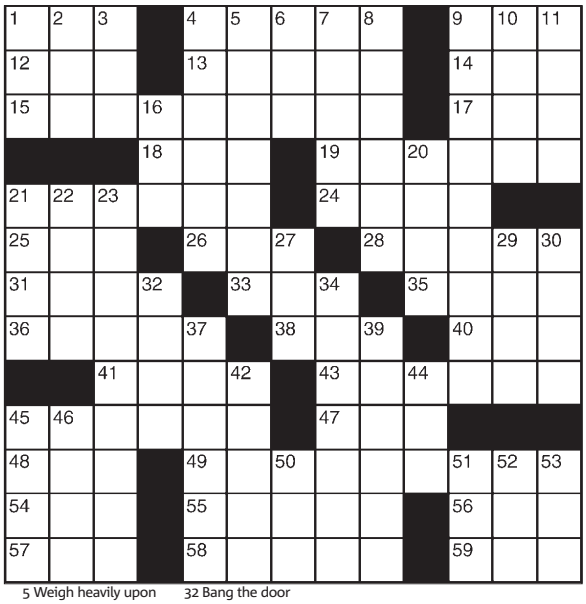
Crossword



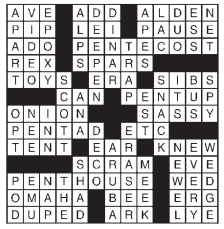
Across

1 Compete
4 Hooded snake
9 Take to court
12 Be unwell
13 After (Fr.)
14 Moreover
15 "Threescore and ten" durations
17 Multipurpose truck
18 Needlefish
19 Church official
21 Throw and catch repeatedly
24 Eyelid woe
25 Greek H
26 Away from NNE
28 Calyx component
31 Scottish caps
33 Prepared
35 Judicious
36 Ledge
38 Selleck or Hanks
40 Sister
41 Chums
43 Threw
45 Footballer's headgear
47 Consumed
48 Fertility clinic supply
49 Refuse holders
54 Writing implement
55 Level of society
56 Female deer
57 Type measures
58 High-strung
59 Praise in verse

Down

1 Actor Kilmer
2 Three, in old Rome
3 Subordinate Claus?
4 Cellist Pablo
5 Weigh heavily upon
6 Lingerie item
7 Tears
8 Wealth
9 Some cookware
10 "Do — others ..."
11 Paradise
16 Early bird?
20 Favourable votes
21 "West Side Story" gang
22 Hexagonal state
23 Strategies
27 Moist
29 Chills and fever
30 Give for a time
32 Bang the door
34 As you like it, in a recipe
37 Chevy Chase sleuth role
39 Mid-May honouree
42 Wander off
44 Moment
45 Crosby crony
46 Still
50 Venomous viper
51 Commotion
52 "Wynken, Blynken and —"
53 Witness

▶ Yesterday's answer



Sudoku

		5					9	7
	9	1		3	7			
2			5					
8		4	6		3			
	1						4	
			2		1	6		3
					8			4
			9	5		2	7	
9	7					1		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

1	5	6	9	3	4	8	2	7
8	7	4	5	6	2	9	3	1
2	3	9	7	1	8	6	4	5
9	2	5	6	4	7	3	1	8
4	1	7	2	8	3	5	6	9
6	8	3	1	9	5	4	7	2
3	4	1	8	2	9	7	5	6
7	6	8	4	5	1	2	9	3
5	9	2	3	7	6	1	8	4

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Rana, you are not only my wife, but also my best friend. I love you more than words can describe. My love for you has no limits. Your my life. From your husband and best friend **ESSA**

Today 9°/4° Variable
Tuesday 9°/3° Partly sunny
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You feel like you can take on the world and win, and there's no doubt you are right. You'll have the confidence to try things that most other people don't even dare dream about.

♉ Taurus April 21-May 21 You are paying too much attention to what other people are saying and not enough to what your own heart is telling you. You don't need advice or assistance today..

♊ Gemini May 22-June 21 Something you have been worrying about for quite some time will no longer bother you as from today. Why? Because at last you know what really matters – and it has nothing to do with money.

♋ Cancer June 22-July 22 Today you have the courage and the energy you need to make your mark on the world. Put yourself forward and let those in positions of authority know you are special.

♌ Leo July 23-Aug.23 There may be an upset or two today but if you adopt a positive attitude they will pass over your head. What you need most right now is a sense of humour.

♍ Virgo Aug. 24- Sept. 22 There is no point arguing with people who refuse to see sense. It may be tempting to show them up with your superior knowledge but why bother? Put your time and your energy to good use today — and let others do as they please.

♎ Libra Sept. 23-Oct. 23 You may have oodles of energy and a whole load of plans but be warned you'll be chasing events today rather than leading them. The most important thing is that you stay calm.

♏ Scorpio Oct. 24-Nov. 22 You may find it hard to be patient today but you won't get anywhere if you lose your temper. Also, if your get annoyed you could do yourself physical or emotional harm.

♐ Sagittarius Nov. 23-Dec. 21 You can expect some kind of breakthrough today and it may well be the sort that you remember well into your old age. Don't just dream of doing something – make the effort and get started.

♑ Capricorn Dec. 22-Jan. 20 You must get the support of loved ones before embarking on a brand new adventure. The best way to do that is to convince them that what you desire for yourself will also be good for them.

♒ Aquarius Jan. 21-Feb. 18 Today you will start the week at a gallop, and then go even faster. You won't waste a second on activities that don't take you closer to your goal.

♓ Pisces Feb. 19-March 20 You may be cautious by nature but you can move fast when you have to and the current cosmic set-up will help you make decisions and then follow them up with action. There's money to be made. **SALLY BROMPTON**

Caption contest

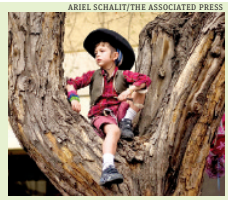
SCHALK VAN ZUYDAMN/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

ARIEL SCHALIT/THE ASSOCIATED PRESS



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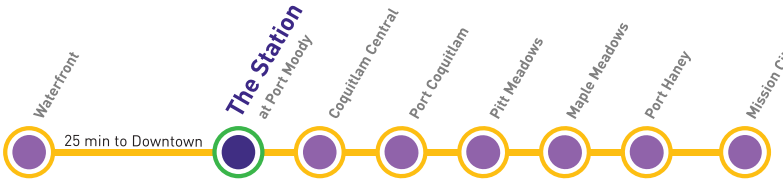
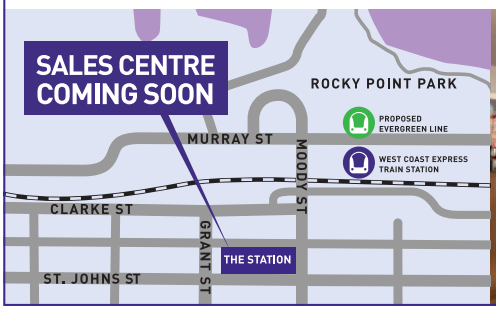
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